

Money Saving Tips For the Milk Group



Money Saving Tips With Milk

“Look at the price of milk! How can I afford to keep buying it?” As the price of milk and other dairy products has gone up, many consumers wonder the same thing. Milk and dairy products are important components of a healthy diet, so we need to look for ways to include them on fewer dollars.

1. Check newspaper adds and store flyers for your local supermarket for regular sales on their store brand milk.
2. To get the most for your nutrition dollar, choose milk and dairy products with fat content in mind. Buy less whole milk, cream, and ice cream, and more skim milk and ice milk, reduced fat or low-fat cottage cheese, yogurt, and cheeses.
3. Buy the store brand of milk and other dairy products – such as cottage cheese, yogurt, block cheeses, shredded cheeses.
4. Buy the largest container of milk you can use by the date printed on the container.
5. Save money by buying a block of cheese and slicing or grating it yourself.
6. *Stretch* the amount you use. If a recipe calls for shredded cheese, use less. Or sprinkle a little cheese over the top of a casserole or salad instead of using it as an ingredient.
7. Purchase nonfat dry milk and reconstitute for cooking. (Nonfat dry milk will keep for up to six months on the shelf.)



What Counts as a Serving ?

1 cup of milk



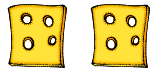
1 cup of yogurt



1 1/2 ounces of natural cheese



2 ounces of processed cheese



How much food do you need from the milk group everyday?

The amount of food you need from the milk group every day depends on your age.

Children 2-8 years old = 2 cups

Children 8-18 years old = 3 cups

Adults 19-51+ = 3 cups

Health Benefits

- Milk and milk products help build and maintain strong bones and teeth.
- Milk and milk products are especially important in childhood when bones are being built.
- Not eating enough calcium when you are young can cause problems and a disease called osteoporosis when you get older.
- Osteoporosis makes your bones weak and brittle.



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Milk Group

All fluid milk products and foods made from milk are part of the milk group. Foods made from milk that have plenty of calcium, including yogurt and cheese, are part of the milk group. Foods made from milk that have little or no calcium, such as cream cheese, butter, and cream, are not considered foods in the milk group. Milk group foods provide the body with nutrients that are essential for a healthy body. These nutrients include calcium, protein, vitamin D, and potassium. Most milk group choices should be fat-free or low-fat.



Choco-Nana Milk Shake

Ingredients:

- 3 ½ cups 1% Milk
 - 1 small package instant chocolate pudding mix
 - 1 tablespoon of creamy peanut butter
 - 1 medium banana
 - 1. Pour milk, pudding mix, peanut butter and banana into a blender or a container with a tight lid.
 - 2. Secure lid and blend or shake until smooth.
- Makes 4 servings

Nutrition Information (per Serving):

230 calories, 9g protein, 5 g fat,
250mg calcium

Orange Julius

Ingredients:

- 8 ounces nonfat plain yogurt
 - 1 can (6 ounces) *calcium-fortified* frozen orange juice concentrate (or 24 ounces ready prepared *calcium-fortified* orange juice)
 - 2 ½ cups skim milk
 - 1 tsp. vanilla extract
 - 1. Mix orange juice according to directions on the can.
 - 2. Blend orange juice, yogurt, milk, and vanilla in a blender until smooth. Makes 5 servings.
- Serving size: 12 oz

Nutrition Information (per serving):

135 calories, 1 gram fat, 8 grams protein, 460 mg calcium

Mac & Cheese Casserole Cups

Ingredients;

- 3 cups skim milk
- 2 ½ tablespoons all-purpose flour
- 12 ounces (1 ½ cups) reduced fat shredded cheddar cheese
- ¾ cup light shredded mozzarella cheese
- ½ cup Parmesan cheese
- 8 oz elbow macaroni, cooked and drained
- 1. Pre heat oven to 350.
- 2. Spray 10 muffin cups with non-stick spray.
- 3. In sauce pan slowly add 1 cup of milk to flour, stirring constantly until all the lumps are gone.
- 4. Add the remaining milk and simmer on low, stirring occasionally for 15 minutes until the sauce thickens.
- 5. Add 1 cup of the cheddar, the mozzarella and the parmesan cheese and stir until blended.
- 6. Stir in the macaroni and place one scoop of the mixture in each muffin cup,
- 7. Top each cup with the remaining ½ cup of cheddar cheese.
- 8. Bake for 15 minutes. Makes 10 servings.

Nutrition Information (per serving):

260 calories, 18g protein, 10g fat, 1g fiber,
400mg calcium

